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HOMEMAKERS' CHAT

Wednesday, December 18, 1940

(FOR BROADCAST USE ONLY)

SUBJECT: "Thrifty Meals for Winter Appetites." Information from the Farm Security Administration, U. S. Department of Agriculture.

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Often we hear a busy homemaker sigh, "I wonder how Johnny can eat so much and still be hungry all the time." And these nippy winter days seem to make Johnny's appetite increase by leaps and bounds. How to satisfy these huge appetites without wrecking the family food budget is a problem faced by all mothers and more especially those whose food budgets are limited to start with.

Farm Security homemakers have their well-filled pantry shelves and storage cellars to call upon but even then the problem of three squares a day is a never ending worry. Today we want to pass on to you some of the menus FSA home management supervisors have suggested to make meal planning easier for the women who come to them for help. Most all of these foods are now cheap as well as filling and provide adequate minimum diets for growing children.

Somehow a hot cereal for breakfast seems to stick to the ribs and makes the prospect of stepping out into a cold winter morning a more cheerful one. So we start off with a hot cereal. Whole wheat cooked over low heat for several hours makes a fine breakfast dish, which with a glass of milk or hot cocoa and toast is guaranteed to keep even the most active youngster from getting hungry for several hours.

Most farm families have their dinner at noon and a piping hot vegetable stew made with cabbage, potatoes, onions, carrots, or other vegetables with bread and butter, baked apples bursting with raisins and perhaps a few oatmeal cookies for dessert is just about right. Best of all, the stew can be simmering on the back of the range while mother is going about her daily tasks.



For supper, cream of potato soup, raw vegetable salad, bread and butter and milk brings us to the end of the day. If the children get hungry before bedtime (as children always seem to do), a crisp, red apple usually solves the problem.

But that takes care of only one day. Creamy rice--that is rice cooked in half milk and half water--is another good cereal for a cold morning. Or perhaps the family would rather have hot-cakes with some of that good jam or jelly mother put up last summer and bacon or ham from the pig that was raised on the farm.

For dinner we might have roast pork with potatoes and onions browned around the roast, raw carrot and cabbage salad, with stewed prunes, bread and butter and milk. If there is any rice left from the breakfast cereal, a tasty rice pudding full of plump raisins is a good dessert for supper. Vegetable soup and perhaps sandwiches made from the noon pork roast and toasted in the oven, and another day's meals have been planned.

Busy homemakers often plan to have leftovers for quick meals on wash days or at other times when household tasks take up most of their time. For instance, the day after a roast, the leftover meat and gravy is combined with the remaining vegetables, or others into a rich meat pie topped with biscuits. A simple dessert of stewed fruit and milk will satisfy even the largest appetite on the coldest day.

Cornmeal mush and milk for supper with baked apples or pears is another timesaver. The leftover mush is molded, sliced and fried crisp for breakfast. And fried mush with syrup or jam, bacon and milk or cocoa for the children is one of America's favorite wintertime morning meals.

Inexpensive cuts of beef simmered for a long time on the back of the range with almost any kind of vegetables is another two-time winner. A day or so after the family has enjoyed the stew--and foods keep well in cold weather--the remaining stew can be topped with biscuits, and another American favorite is ready for a hungry family.



Cubed leftover meat combined with crisp vegetables, a hot drink, and hot apple pie is another supper that can be prepared quickly and easily on one of those days when there are not enough hours in the day for a busy homemaker. Cooked cabbage combined with cheese, tomatoes and bread crumbs is a filling and inexpensive main dish for a winter dinner. Baked potatoes, bread and butter, milk and canned fruit, and another dinner is out of the way.

Meat loaf made of ground beef--the cheaper kind--ground pork, and bread crumbs is another dish which can be used for two meals. Sliced, it makes good sandwiches for supper, or it can be fried and served hot at the second meal.

These are some of the many menus being used by Farm Security homemakers all over the Nation. When they run out of ideas, a look through the canned foods in the pantry or the storage cellar brings new ideas to mind. Through careful planning of good, simple meals these homemakers have improved the health of their children. Proper diet cuts down winter colds and keeps the entire family in good health.

A good garden furnishes not only fresh vegetables during the summer but all the canned foods the family can eat in the wintertime. FSA homemakers can about eighty quarts of fruits and vegetables for each member of the family, so that there is enough to carry them through until the next garden is ready. These women are proud of their winter food supply, and rightly so, because they know that good health starts at the family table.

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